

## Double the Level

## Increase Level

## Prevent Breakdown

Smarter Better  
Faster book

Forskolin - increases cyclic adenosine monophosphate / essential to

learning & memory formation

- Can combine with anticholinergic extract (PDE-4) enzyme that breaks down cyclic AMP.

## Bulletproof Choline Force

prevents breaking down acetylcholine

Start dieting properly

Start with natural nootropics create weekly intake formula (mg)

Top 12 nootropics from Entrepreneur / Combat Veterans: Experienced.

Taken for nearly a decade - cognitive focus is on point.

Oxgrocetin - resuscitates brain from sleep deficit OXR @ 1600mg daily

Aniracetam - amphetamine working memory with caffeine 700-1000 daily  
micro dose 150 mg to reach 500 per 2 hours

Theacrine - accumulates in plant (Clenche Tree) methyl + caffeine - longer t1/2 / Re  
no anxiety, more potent, more wakefulness. 25-75mg avg 25-200mg

4. Nootropil Akeel Spreng - Synthesized in Russia. Catecholamine improves signaling  
brain drive nerve growth in ~~the~~ ~~the~~ cerebral cortex hippocampus. Focus  
motivation add: distilled water for more potent effects 1 spray not to  
exceed 5 sprays

5. Uridine monophosphate: powerful motivation, energy, verbal neurogenesis,  
synaptogenesis, neurite outgrowth, dopamine receptors, pseudocoin receptors  
density. 75-500mg around 250mg

6. CDP Choline: bioenergetics in prefrontal cortex.  
75-200mg around 75mg

7. L-Tyrosine: precursor to dopamine epinephrine, norepinephrine, thyroid  
hormones. Mental clarity 200mg-1000mg - 500 to 500mg

Next